

A COUNSELLING MODULE: THE JOURNEY TO HEALTHIER ME

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ABSTRACT

This study introduces the mindfulness-based module named as The Journey to Healthier Me: Be Mindful, Be Healthy, & Be Happy (TJHM) according to the counselling module development standard. The main objective of this module was to promote healthy lifestyle and wellbeing among female population. The Cognitive Behaviour Therapy (CBT) approach, Mindfulness approach and Sidek's Module Development Model (SMDM) were applied as guidelines in developing the mindfulness module. TJHM consist of 5 sub modules which are (Introduction to Mindfulness; Mindfulness Techniques; Emotion, Women and Foods; Mindful Eating; and I Love Myself). A group of eighteen female participants aged between 20 to 25 year olds had undergone the TJHM for 2 days. TJHM obtained 0.85 Cronbach's alpha index and the reliability index was 0.95. During follow up session, participants reported positive outcomes in term of concentration, emotion quotient, eating habits and health care. As a result, TJHM is ready to be used as guidance and intervention for counsellors and health practitioners to enhance their client's wellbeing and quality of life.

Keywords: Mindfulness Module, Cognitive Behaviour Therapy, Wellbeing, Counselling Intervention, Female